

Director renews focus on the family

**Marine Corps
Community Services**
Press Release

Captain Zachary Rogers has been assigned as the new director for Marine Corps Family Team Building, Marine Corps Community Services. While new to MCCS, Rogers is not new to MCB Hawaii. He has been working in the Base Comptroller's Office since 2001.

"My goal is to see that every single and married Marine, Sailor and family member knows about the outstanding programs we offer," said Rogers. "We are here to ensure that everyone in the Marine Corps community has the opportunity to succeed in their lives."

The Program

Marine Corps Family Team Building (MCFTB) encompasses five complementary programs that focus on the Marine Corps family. The goal is to enhance readiness by empowering families with the information and support they need to succeed as partners in the Marine



ROGERS

Corps community.

The Key Volunteer Network (KVN)

Readiness is a term usually attributed to active duty personnel. Not so with the Key Volunteer Network. Key Volunteers contribute to family readiness by keeping family members informed about the mission and tasks of their spouse's unit while the spouse is deployed. Key Volunteers are also empowered to refer families to a wide range of services and organizations, assisting them with any challenges that may arise.

Misty Stelly is your Key Volunteer Trainer/Program Manager. Her phone number is 257-2410.

Lifestyles Insights, Networking, Knowledge, and Skills (LINKS)

Balancing the demands of family and

career can be especially challenging for married first-term Marines and Sailors. And many young spouses may not have the skills to help them cope with the unique challenges of military life.

Lifestyles Insights, Networking, Knowledge, and Skills is a ten-and-one-half hour discussion course that gives young spouses the tools to become more self-sufficient and more engaged with the community.

Shawna Wentlandt is your LINKS team leader. Contact Wentlandt at 257-2368.

Spouses Leadership Seminar (SLS)

A community is only as strong as its members. The Spouses Leadership Seminar gives spouses the opportunity to learn the roles and responsibilities of effective leadership.

This eight-hour course empowers participants with valuable information on effective communication, leadership, teamwork, conflict management and personal enhancement.

Prevention and Relationship

Enhancement Program (PREP)

The PREP program teaches premarital and married couples how to effectively communicate, work together to solve problems, manage conflict, and preserve and enhance commitment and friendship.

Couples who participate in the PREP program are 33 percent less likely to get divorced.

For more information, call the Family Advocacy Center at 257-7780.

Chaplain's Religious Enrichment Development Operations (CREDO)

The CREDO program offers a series of personal and spiritual retreats for Marines, Sailors and their families. These retreats are usually over a week-end, and take place at the CREDO Complex across the flightline near Hale Koa Beach.

The location offers a peaceful, relaxing environment, far away from daily distractions.

For a schedule of upcoming CREDO retreats, contact Chaplain (Lt. Cmdr.) Anthony Headrick at 257-1941.

LINKS benefits, supports military families

**Marine Corps
Community Services**
Press Release

September 22, spouse volunteers impacted the Marine Corps for the better. The change can be mistaken as diminutive; however, its significance is greater than imaginable.

These spouses were all participants in a Lifestyles Insights, Networking, Knowledge and Skills session, benefiting family vitality, support and self-reliance. This support in turn leads to greater motivation, retention, unit morale and combat readiness for our Marines and Sailors.

"The L.I.N.K.S program strives to empower spouses by teaching them about the Marine Corps, military life, financial issues, benefits aboard MCB Hawaii, and the

opportunity to network with other spouses like themselves," said Shawna Wentlandt, LINKS team leader for MCB Hawaii.

The Lifestyles Insights, Networking, Knowledge and Skills program is one branch of the Marine Corps Family Team Building tree that entails more than ten hours of facilitated discussion led strictly by volunteers who focus on the military lifestyle.

Participants follow a curriculum developed by Headquarters Marine Corps as well as LINKS team input from bases worldwide.

Open to "every spouse in the house" is the invitation to all Marine and Sailor spouses stationed at MCB Hawaii.

"We are perpetually spreading the word to spouses that they are

welcome to attend a session, and always welcome to volunteer," said Wentlandt.

The program is entirely staffed and supported by volunteers. Positions include food angels (people who donate homemade dishes for the mentors and participants), hostesses (administrative duties), child care workers, mentors, the chaplain, house cleaners and many more.

"The volunteers give up so much of themselves, month after month — which keeps our program running," Wentlandt explained.

The LINKS bottom line is to form a more self-sufficient family, that's more understanding of the mission, subsequently allowing active duty Marines and Sailors to concentrate on their mission, and that of the military.



Courtesy of Marine Corps Community Services

Navy and Marine Corps spouses train for the LINKS program aboard MCB Hawaii Hawaii, Kaneohe Bay.

New Key Volunteers graduate, ready for service as communication links

**Marine Corps
Community Services**
Press Release

"Family Readiness, is combat readiness," according to Mr. William Lindsey, the Marine Corps Community Services assistant chief of staff. September 25, in recognition of six spouses receiving their Key Volunteer Network (KVN) graduation certificates and Key Pins, Brig. Gen. Jerry C. McAbee, commanding general MCB Hawaii, echoed the same.

Assisted by his own spouse, Mrs. Margaret McAbee, the general honored the volunteers as the guest speaker and presenter at the ceremony.

"Over 3,700 military personnel have been deployed from this base recently, and over one-



Cpl. Ida Gilbert

Brigadier Gen. Jerry C. McAbee, commanding general of MCB Hawaii; his wife Margaret (far left); and Misty Stelly, KVN program manager (second from right) welcomed six new Key Volunteer graduates Sept. 25.

half of them are married," the general said. "It is for this reason that the KVN exists."

The mission of the KVN is to provide a communication link between the command and families. This is achieved by contact with the families, welcoming new families and staying abreast of family

concerns and issues.

The six graduating spouses were Jenna Wojciechowski, Linda Lozano-Wade, Heather Cortese, Bridgetter Walker, Jenny Florio and Cindy Nordan. Each spent three days with KVN Trainer Mrs. Misty Stelly to prepare themselves to act as future

communication links during deployments.

"It is my desire that every family member know their Key Volunteer," said Stelly, "and that they are not alone, and that there is always someone willing and able to assist them with any circumstance that may arise."

"The Key Volunteer Network can provide resources and referrals for almost any situation," she added.

Lindsey; Mr. Richard Black, deputy assistant chief of staff; Capt. Zachary Rogers, director of the Marine Corps Family Team Building program; the Key Volunteer coordinators of the graduates; family readiness officers; and friends and families of the graduates also attended the ceremony.

MCCS increases KVN funding

Marine Corps Community Services
Press Release

This month, Marine Corps Community Services more than doubled its financial commitment to the Key Volunteer Network from \$2 to \$5 for each married Marine stationed aboard MCB Hawaii. The annual allocations are credited directly to units and are earmarked for KVN workshops and functions supporting family members and the Marine Corps community.

"MCCS has recognized the need to provide more support for our families, especially the families of deployed Marines," said Mr. Bill Lindsey, MCCS assistant chief of staff. "This increased funding accomplishes that goal. We are always looking for ways to say 'yes' — especially now when many of our troops are away on foreign soil."

"Our mission at MCCS is to support readiness and retention. That includes our Marines and family members," Lindsey added.

New Standard Operating Procedures for Key Volunteer are being drafted and will be released to units soon. All should know who is their Key Volunteer coordinator. If you don't, contact KVN Trainer Misty Stelly at 257-2410 for information.



LINDSEY

MCCS

MARINE CORPS COMMUNITY SERVICES

www.mccshawaii.com

POSSIBILITIES IN PARADISE

By Bobbie Brock, MCCS Public Relations

OCTOBER

3 / Today

Aloha Key and Award Grand Reopening — Celebrate the Aloha Key and Awards bigger and better shop located in Mokapu Mall. Bring your art logo for free color and laser set-up during the celebration, and sign up for prize drawings.

Calling all Staff NCOs — Meet Sgt. Maj. Anthony Franks, the MCB Hawaii base sergeant major. Head over to the Rocker Room Bar at 3 p.m. and join the camaraderie, complete with free pupus and a DJ dance party until 2 a.m.

Hispanic Heritage Month at Kahuna’s Ballroom — Kahuna’s presents “One Culture, Many Dances” from 7 p.m. to 1 a.m. The festival is free and open to families of all ranks.



All events are open to single, active duty military, E-5 and below.

The SM&SP Office is located in Bldg. 219.

Call 254-7593 for more details about any activity or event.

SM&SP Goes Online

Get more on SM&SP at www.MCCSHawaii.com under the “Semper Fitness” icon.

SM&SP Benefits

Single Marines and Sailors of MCB Hawaii enjoy many bargains such as the following:

- At the tennis courts:* You can get into the swing of things with free tennis lessons Thursdays from 11 a.m. – 12 p.m. Call 258-8081 to make your reservations.
- At the Kaneohe Klipper Golf Course:* Practice your swing with free range balls, club rental at \$5 per set, 9 holes of play at \$5, or 18 holes of play for \$9.
- *At K-Bay Lanes:* Score with games at \$1.50 each, free shoe rental (Mondays - Thursdays), and no-tap at \$15 on Thursdays at 8:15 p.m.
- At the Base Marina:* Enjoy free, unit “Adventure Training” (unit sanctioned) with classes in scuba, power boating, water skiing and much more.

We Got it Goin’ On

Have your voice heard. Make a difference. Get involved. The SM&SP is all about that and more. Contact Program Coordinator Leslie Graham regarding SM&SP events.

Attendees will be entertained by Mariachis (traditional Mexican dancers and singers) cultural costumes, free dance lessons and live music by El Conjunto Tropical.

For more information, call 254-7660.

7 / Tuesday

Dad’s Baby Boot Camp and Mom’s Basic Training — The New Parent Support Program offers free childbirth education and infant care classes for all expecting parents, Tuesday and Wednesday.

Classes will be held from 8:30 a.m. – 4:30 p.m.; however, seating is limited.

For more information or to register, call 257-8803.

8 / Wednesday

Bosses’ Night at the Staff NCO Club — Bring your best of the best for a game of pool, darts, horseshoes or a friendly karaoke competition. The Club will open at 4:30 p.m. and close at 10 p.m.

9 / Thursday

Storytime at the Base Library — Children and parents are invited to a fun-filled hour of stories, activities and special events every Thursday at 10 a.m. in Bldg. 219.

For more information, call 254-7624.

Kahuna’s NCO Appreciation/First Anniversary Celebration — Celebrate the Club’s first anniversary at 6 p.m.

Enjoy live entertainment by

Kapena and a free dinner buffet and birthday cake. Then stick around for prize giveaways.

For more information, call 254-7661.

15 / Wednesday

Thinking About Marriage? — Get in the know and attend the Marriage Skills Workshop, Oct. 15 - 16. You’ll learn more about becoming a successful military family, couples’ communication, budgeting and finances, and other resources available to make your relationship a success.

Call 257-7780 or 257-7781 to register.

16 / Thursday

O’Club Oktoberfest — Enjoy a little German culture with free bratwurst and beverage tasters from 4:30 - 8 p.m.

For more information, call 254-7650.

17 / Friday

Hispanic Heritage Dance at the Sunset Lanai — Enjoy a beautiful sunset over the Leeward Coast and take in a little culture at the Camp H. M. Smith Sunset Lanai.

Entertainment will be provided by El Conjunto Tropical and the Mariachi Group.

Admission is free and open to all ranks. Doors will open at 5 p.m.

18 / Saturday

Staff NCO Club Oktoberfest — Sample a large variety of excellent German foods and

beverages. Do the “chicken dance” to live music by Senior Vault Band.

Doors will open at 6 p.m., and Oktoberfest is free for members and \$3 for nonmembers.

Fixing it Yourself at the Auto Skills Center — Want to do a little work on your prized vehicle, but don’t have the space or tools to get the job done? Cruise on over to the Auto Skills Center located at Bldg. 3097, next to the 24-hour car wash, and use its tools to get your baby back in top form.

Certified Hawaii safety inspections are available weekdays from noon to 6 p.m. and weekends and holidays from 9 a.m. to 3 p.m.

Keep an eye out for a deal at the sealed bid auto auction, hosted by the Auto Skills Center.

Call 254-7674 for more information.

Auto Skills Bargains — The Auto Skills Center is accepting sealed bids on the below vehicles:

<i>*Model</i>	<i>Minimum Bid</i>
98 Hyundai Elantra	\$800
(Needs work.)	
89 Honda Prelude	\$500
(Needs head gasket.)	

**(Unless noted otherwise, vehicles are running in good condition.)*

For more information, call the Auto Skills Center at 254-7674.

Sunset at the Sunset Lanai — Get the gang together and

relax at the Camp H. M. Smith Sunset Lanai.

After a hectic day, enjoy panoramic views of the Leeward Coast, free pool, darts and free pupus.

The Club is open to all ranks Mondays, Wednesdays and Fridays at 4 p.m.

Officers’ Club Cyber Forum — Your club is online. All members are encouraged to visit the Officers’ Club cyber forum at www.mccshawaii.com. You can voice your questions and concerns, review meeting minutes and the board of directors’ decisions.

Staff NCO New Dining Facility — If variety is what you are looking for, make your next dinner plans at the Staff NCO Club. The brand new dining facility is located behind the Fairways on the Klipper Golf Course and boasts a beautifully quaint atmosphere.

Dinner is served Wednesdays – Fridays from 5 – 9 p.m.

For more information, call 254-5481.

Looking for a Job? — Marine Corps Community Services employs more than 850 employees in retail, food and hospitality, fitness, child and youth activities, water safety, logistics and administration.

Stop by the MCCS Personnel Office located in Bldg. 219, to apply for a job that suits your skills, schedule and style.

Surf the MCCS jobline Web site www.mccs.hawaii.com/jobs_listings.html or call 254-7619 for moreMCCS jobline information.

Aloha Key & Awards finds a new home

Bobbie Brock
MCCS Marketing

Aloha Key and Awards didn’t have to travel far to find a better location to enhance customer service aboard MCB Hawaii, Kaneohe Bay.

Still located in the Mokapu Mall, the shop moved directly across the hall from its old location and is now located right next door to the Leisure Travel shop.

Not only has the size of Aloha Key and Awards increased, but so have its services. Among them are key making, engraving, full-color awards, and laser engraving. The shop has also added a line of military statues and artwork for sale.

October 3 marks the third day of Aloha Key and Awards’ “Celebration Days” in which it has invited all customers to check out the new location.

Bring your own art and receive color and laser setup free. Also, sign up for door prizes and receive a free ball point pen.

The drawings for all door prizes will be at 5 p.m. Entries are limited to one per person.

Some of the prizes include a two-foot by three-foot solid wood treasure box, a \$100 gift certificate, blank plaques and coin boxes.

If you happen to be at Aloha Key and Awards between 10 a.m. and 4 p.m., visit design professional Arlene Krupa and receive a discount on a custom designed coin.

Store hours of operation are Monday through Saturday, 10 a.m. - 9 p.m., and on Sunday, 10 a.m. - 5 p.m.

For more information, call 254-2909.



Photos Courtesy of MCCS



The Aloha Key & Awards shop has nearly doubled in size at its new location at Mokapu Mall on MCB Hawaii, Kaneohe Bay. The concession offers a wide variety of products and services, including full-color awards, lasers, engravings, statues, military plaques and other creative items and accessories that its customers can dream up.

MOVIE TIME

Prices: Adults (12 and older) \$3, Children (6 to 11) \$1.50, Children (5 and younger) free. Matinee prices are \$2 for adults, \$1 for children. Parents must purchase tickets for “R”-rated movies in person at the box office for children 16 years old and younger. For E-5 and below, admission is free to the second show on Friday and Saturday evenings only. Sunday evenings, the price is \$1 for all patrons. Show your I.D. at the box office. Call 254-7642 for recorded information.

Sneak Preview Policy: One hour and 45 minutes prior to the movie, tickets will be issued to first priority patrons waiting in line, then second and third priority patrons.

Open Range (R)	Today at 7:15 p.m.
Freddy vs. Jason (R)	Today at 9:45 p.m.
Uptown Girls (PG 13)	Saturday at 7:15 p.m.
Open Range (R)	Saturday at 9:45 p.m.
Spy Kids 3-D (PG)	Sunday at 3:30 p.m.
Uptown Girls (PG 13)	Sunday at 7:15 p.m.
The Order (R)	Wednesday at 7:15 p.m.
Open Range (R)	Thursday at 7:15 p.m.
The Medallion (PG 13)	Oct. 10 at 7:15 p.m.
The Order (R)	Oct. 10 at 9:45 p.m.

COMMENTARY

‘Conflict possesses life-giving properties’

Chaplain (Lt.) Daniel Klender
Headquarters Bn., MCB Hawaii

Conflict is woven into the fabric of human existence. It is to relationships what oxygen is to water.

Conflict is the basic molecule of life that exploded onto the scene when Adam blamed Eve for his sin. Perhaps, since it is an unsavory by-product of human imperfection, it appears to be a curse.

Yet, though conflict usually masquerades as a curse, it is often disguised as a blessing.

Distasteful to most, conflict possesses life-giving properties. It is literally bursting with potential for health and growth.

Proverbs 27:17 underscores the growth dynamic conflict brings to relationships: “Just as iron sharpens iron, so man sharpens the countenance of his friend.”

Several years ago, a psychologist friend of mine shared that properly managed marital crisis greatly enhances relational intimacy. As it is in marriage, so it is in life. Conflict oozes relational potential.

How do we tap this potential? Here are a few practical suggestions:

Tapping the Potential in Conflict
First, seek to understand, then seek to be understood. This habit, culled from Stephen Covey’s *The Seven Habits of Highly Successful People*, intersects with biblical truth.
In Proverbs 16:13, Solomon dubs a man or woman a fool who answers a matter before he hears it. Those who



embrace a “fire, ready, aim” philosophy of communication will scarcely enjoy the benefits of conflict resolution.

Successful conflict resolution calls for the nobility of a king whose reputation is to research a problem (see Proverbs 25:1). Only after one has gained an accurate understanding of the dissenting party is he or she in a position to perceptively address the issues of conflict.

It is my opinion that mutual understanding is approximately 80 percent of conflict resolution. The “PREP” marriage-counseling tool (a Prevention and Relationship Enhancement Program for married couples) employed by the U.S. military has an exceptional success rate in resolving marital conflicts. It is based on the principle that mutual understanding resolves conflicts. Without mutual understanding, conflict resolution is impossible.

Secondly, “remove the log from your own eye,” as the Bible advises. In addition to offering us piercing insight into human nature, this admonition contains the secret key that unlocks the mysterious vault of conflict.

The taproot of much conflict is guilt. Suppressed guilt often erupts into

destructive criticism. When this happens, a conflict of volcanic proportions often explodes.

The key to preventing such explosions is to identify your own faults before humbly addressing the fault of another (read Galatians 6:1). Those who fail to remove the log from their own eye are afflicted with a selective form of spiritual blindness.

King David serves as a premier example of this blindness. Though he recognized that one form of stealing (stealing sheep) was wrong, his sinful log clouded his view of another form of stealing — namely, the stealing of a wife.

Removing the log from your own eye holds the promise of viewing conflicts clearly while preventing potential conflicts from seeing the light of day.

The Win/Win in Conflict Resolution
This insightful habit of Stephen Covey is both the golden rule of conflict resolution and the golden rule period!
Jesus called us to think “win/win” with every person we encounter on the highway of life, and the apostle Paul had win/win in mind when he penned Philippians 2:4: “Do not merely look out for your own personal interests, but also for the interests of others.”
Win/win is the language of conflict resolution.

Emotional Escalation & Name Calling
Resist the impulse to hurl the relational grenades of emotional escalation and name-calling. Emotional escalation and name-calling are the shrapnel that cause much of the collateral damage of rela-

tional war.
Emotional escalation involves the emotional hijacking of the relationship through harsh words and bitter epithets. It runs counter-course to healthy conflict resolution.

The Bible offers some solid advice regarding how to avoid emotional escalation. James 1:19 says, “... But everyone must be quick to hear, slow to speak and slow to anger.”

If we are the recipients of white-hot anger, we would do well to heed the counsel of Proverbs 15:1: “A gentle answer turns away wrath but grievous words stir up anger.”

Emotional escalation is often accompanied by the words “always” and “never.” On this score, I concur with Bible teacher Howard Hendricks’ statement: “There are two words [always and never] I am always careful never to use.”

Name-calling must be resisted at every turn, for it nets us nothing as we seek to resolve our differences.

Name-calling has two serious liabilities: 1) It fails to address the real issues, and 2) It inflicts wounds that are slow to heal.

As much as possible, stay the course of conflict resolution. In addition to clear communication, patience is required in the resolution of conflict. Patience and perseverance yield their own rewards.

A marriage counselor once intimated to me that often the difference between couples who stay married and those who get divorced is the willingness of both to work on their marriage. The same can be said about conflict and reaping the fruits of its life-giving properties.

Supporting the CFC



Sgt. Joseph A. Lee

Sergeant Florencio Bermudez, range control chief for MCB Hawaii, Kaneohe Bay, advises Brig. Gen. Jerry C. McAbee, commanding general, where to sign his pledge form for the 2003 Combined Federal Campaign drive.

Kunia MWR gives ‘thanks’ to its customers in a grand fashion

Seaman Aaron Cortez
Kunia Regional Security Operations Center. Public Affairs Office

KUNIA — The Morale, Welfare and Recreation’s Annual Customer Appreciation Day went off with a blast at the Kunia Regional Security Operations Center. A majority of Kunia’s ohana attended the luau-themed grand event.

With a captivating array of games and activities ranging from musical chairs, to an outrageous lollipop contest, the MWR Kunia was said to have set up a great line up of wholesome family entertainment.

Patrons said that without a doubt, Fia Leilua and her staff outdid themselves once more.

Every KRSOC branch was present, accompanied by family members and friends for the joyous occasion. At its highest point, there were 400-plus people in attendance.

The entertainment line up included performances by the Polynesian



Photos Courtesy of Petty Officer 3rd Class John Fenley

Morale, Welfare and Recreation patrons at the Kunia Regional Security Operations Center have fun with several rounds of musical chairs during Customer Appreciation Day activities recently.

Cultural Center. The dancers and a chief came from the village of Samoa. Also, the crowd was treated to a surprise guests — comedian Paul Ogata

and Ho’onua, a Hoku award-winning band.

See KUNIA, B-6

Recipe Corner



NAPS
Corn oil is perfect for frying the family’s favorite Hispanic dishes, like Chiles Rellenos De Queso.

The Hispanic meal savors corn cuisine

NAPS
Featurettes

Hispanic Heritage Month commemorates the immense artistic, political and cultural contributions made by the Hispanic community within the United States. It also pays tribute to the struggle for independence of several countries — Costa Rica, Chile, El Salvador, Guatemala, Honduras, Nicaragua and Mexico. One of the most delicious additions to modern day society is Hispanic cuisine, which varies in every town, region and country to reflect the differences in culture, history and geography or the area. Nevertheless, corn is the one ingredient that unites the numerous styles of Hispanic cooking. In ancient times, corn was considered a gift from the gods and cultivating it was a sacred task. It nourished both the spirit and the body. Because it can endure the harsh conditions of many regions, it became a dietary staple whether it was eaten fresh, cooked or ground into meal that makes tortillas. Corn continues to be essential to today’s Hispanic kitchen and is included in everything from tamales and tostadas, to pozole and salsas. Modern chefs looking to maintain the robust flavor of authen-

tic recipes without relying on lard should use corn oil because a high smoking point makes corn oil, ideal for frying the family’s favorite meals and produces light, crisp results, without leaving a heavy aftertaste and oily residue. The robust corn taste and aroma enhance the natural flavors in everything from salad dressings to empanadas. Corn oil is also naturally cholesterol and sodium free and an excellent natural source of the antioxidant vitamin E. Whatever your background and however you celebrate Hispanic Heritage Month, this recipe for Chiles Rellenos De Queso will be sure to rally a cry for seconds. Buen provecho!

Chiles
4 chiles poblanos or bell peppers
1/2 cup breadcrumbs
1/2 cup grated Pepper Jack cheese
1/2 cup grated Cheddar cheese
1/4 teaspoon ground cumin
Salt and pepper to taste
Crisco Oil for frying
Batter
4 eggs, separated
1/4 teaspoon salt
1/4 cup flour

Put chiles on a hot grill or under the broiler, and let the skin blister and burn. Turn

chiles occasionally, so they don’t overcook or burn through to the flesh. Wrap chiles in a damp cloth or plastic bag for 20 minutes. The burned skin will flake off easily, and the flesh will be slightly cooked by the stem. Slit the side of each chile; remove seeds and veins. Leave the top of the chile intact, and rinse chiles and pat them dry.

The Filling
Mix breadcrumbs, Pepper Jack, Cheddar cheese and cumin with salt and pepper to taste. Stuff filling into the slits in the chiles.

The Batter
Heat at least 3/4-inch Crisco Oil in a heavy, deep pot to 350 degrees. Beat egg whites until they are stiff, but not dry, then add salt and egg yolks, one at a time, beating well after each addition.

The Procedure
Pat chiles completely dry (or else the batter won’t adhere to them); sprinkle lightly with flour and coat with batter. Fry chiles in hot oil; turn occasionally, until golden. Drain on paper towels. Sprinkle with cheddar cheese and melt in a 350 degrees oven for 2 - 3 minutes. Serve chiles immediately.

ON THE MENU

Anderson Hall will serve the following this week:

<p>Today</p> <p><u>Lunch</u> Oven Roast Beef Baked Tuna & Noodles Steamed Rice Chocolate Chip Cookies Asst. Fruit Pies</p> <p><u>Dinner</u> Sauerbraten Knockwurst w/ Sauerkraut Boiled Egg Noodles Cottage Fried Potatoes Chocolate Chip Cookies Asst. Fruit Pies</p> <p><u>Specialty Bar</u> (Lunch and Dinner) Pasta Bar</p>	<p>Steamed Rice Mashed Potatoes Apple Crisp Asst. Fruit Pies</p> <p><u>Dinner</u> Baked Meat Loaf Oven Roast Beef Parsley Buttered Potatoes Pork Fried Rice Apple Crisp Asst. Fruit Pies</p> <p><u>Specialty Bar</u> (Lunch and Dinner) Pasta Bar</p>	<p>Chili Macaroni Candied Sweet Potatoes Grilled Cheese Sand-wich Bread Pudding w/ Lemon Sauce Peanut Butter Cookies Asst. Fruit Pies</p> <p><u>Dinner</u> Baked Stuffed Pork Chops Turkey Pot Pie Mashed Potatoes Steamed Rice Bread Pudding w/ Lemon Sauce Peanut Butter Cookies Asst. Fruit Pies</p> <p><u>Specialty Bar</u> (Lunch and Dinner) Country Bar</p>
<p>Saturday</p> <p><u>Dinner/Brunch</u> Grilled Steak Pork Chop Mexicana Mashed Potatoes Spanish Rice Fruit Nut Bars Asst. Fruit Pies</p>	<p>Tuesday</p> <p><u>Lunch</u> Barbecue Spareribs Veal Parmesan Oven Browned Potatoes Buttered Egg Noodles Devil’s Food Cake w/ Butter Cream Frosting Asst. Fruit Pies</p> <p><u>Dinner</u> Swiss Steak w/ Brown Gravy Baked Fish Fillets Lyonnaise Potatoes Steamed Rice Devil’s Food Cake w/ Butter Cream Frosting Asst. Fruit Pies</p> <p><u>Specialty Bar</u> (Lunch and Dinner) Taco Bar</p>	<p>Thursday</p> <p><u>Lunch</u> Cantonese Spareribs Baked Tuna & Noodles Shrimp Fried Rice Cornbread Dressing Pineapple Cake Asst. Fruit Pies</p> <p><u>Dinner</u> Swedish Meatballs Caribbean Chicken Steamed Rice O’ Brien Potatoes Pineapple Cake Asst. Fruit Pies</p> <p><u>Specialty Bar</u> (Lunch and Dinner) Taco Bar</p>
<p>Sunday</p> <p><u>Dinner/Brunch</u> Beef Pot Pie Baked Fresh Fish Steamed Rice Bread Pudding w/Lemon Sauce Peanut Butter Cookies</p>	<p>Monday</p> <p><u>Lunch</u> Teriyaki Chicken Salisbury Steak</p>	<p>Wednesday</p> <p><u>Lunch</u> Baked Ham</p>

Most foods are rich with fascinating facts, history

NAPS
Featurettes

Mom always warned you about playing with your food, but that doesn’t mean you can’t have a little fun with what’s on your plate. Consider these fascinating food facts:

- Did you know you should always marinate your barbecue meat? Marinating may dramatically reduce the formation of cancer-causing agents known as heterocycline amines. Compounds form when foods are cooked at high temperatures.
- Due to sugar rationing, popcorn consumption in the U.S. nearly tripled during World War II.
- Cilantro does not origi-



nate from Mexico or Thailand, as commonly believed, but from Egypt.

- Bromelain, an enzyme found in pineapple, is a natural anti-inflammatory. The same enzyme explains why you can’t use fresh pineapple in gelatin; it breaks down the protein and prevents it from setting.
- Omega-3 fatty acids (found in seafood like sardines) have been shown in numerous studies to fight strokes, breast cancer, depression and heart attacks.

- You can freeze blueberries. Just make sure they’re totally dry. Don’t wash blueberries until you’re ready to eat them.
- California produces 95 percent of all apricots grown in the U.S.
- The most popular use for oatmeal? As a breakfast cereal. The second? That’s easy, too: oatmeal cookies. But did you know the third most common use is as an ingredient in meatloaf?
- Some people still think rubbing horseradish on the head is a great way to alleviate headaches.

QUOTABLE: “Cooking is like love. It should be entered into with abandon or not at all.” — Harriet Van Horne

Sam Choy knows crab

This week “Island Flavors” delves into some local Hawaiian cuisine and seafood. And who better to guide us than best-selling cookbook author and TV host, local celebrity chef Sam Choy.

Sam Choy’s Breakfast, Lunch and Crab restaurant is an excellent choice for dressing up for an impressive dinner with your date, putting on your aloha shirt, shorts and sandals, having a nice meal with the family, or putting on a plastic bib and challenging a pile of Alaskan King crab legs while dining alone.

Located across from K-Mart on Nimitz Highway, BL&C opened six years ago in an 11,000-square-foot warehouse (it used to be a grainery). Now you’ll find a filling meal in a fisherman’s wharf atmosphere, complete with part of a real 35-foot fishing boat.

From a chef whose slogan is “never trust a skinny chef” comes ample portions of Hawaiian favorites and seafood. In short, one visit will convince you that BL&C tops it off with a wide assortment of good food, especially if you’re partial to crab.

In addition to its full menu, BL&C offers daily specials. Weekday mornings from 6:30 to 7:30 a.m., Sam offers his “Sunrise Specials.” Early birds can enjoy a number of breakfast platters, all for \$2.99. Monday night is prime rib night at BL&C. Pay anywhere from \$16.95 (for an 8 oz. cut) to \$ 26.95 (for the 20 oz.), depending on how hungry you are.

Tuesday is Keiki Night. Children can enjoy a number of activities in a special game room from 5 to 8 p.m., they can get 50 percent off anything on the keiki menu. Also, balloon sculptors make the evening fun for the whole family.

Every second Wednesday of the month is BL&C’s “Hukilau” seafood night from 5:30 to 9 p.m. Enjoy a Hawaiian-style buffet with all your local favorites.

Performers from the Polynesian Cultural Center will provide the evening’s entertainment.

Every third Thursday of the month is BL&C’s “Brewers Dinner,” where a five-course meal is served with each course paired with one of the Big Aloha beers for \$39.99.

Brewmaster David Campbell brews a wide variety of beers on the premises at the Big Aloha Brewery. The brewery is one of the few places where you can drink a beer that’s been made only feet away from your table.

Friday afternoon BL&C offers “Sam’s Big Aloha Hawaiian Plate Lunch” for \$12.95.

Pork laulau, chicken long rice, squid luau, lomi lomi salmon, shoyu poke, haupia and rice or poi are just a sample of what is offered.

Finally, Saturday and



Sam Choy’s BLC (bacon, lettuce, crab)

Sunday you can try the breakfast buffet from 9 a.m. to noon.

At only \$12.95, this is one of the best-priced buffets in town with the additional perk of having delicious food. Guests can try dishes like the “made-to-order” omelet bar, assorted salads, fresh bakery items, scrambled eggs, Portuguese sausage, waffles and two special selections chosen by the chef. This is one of the best breakfasts I’ve found in town.

But the specials are just a small taste of the many flavors

you can enjoy off the regular menu. Out of the many treats served for breakfast, I suggest the banana macadamia nut pancakes (\$5.95) or any of Sam’s famous omelets and loco mocos (starting at \$6.50), a sure filler.

For lunch, maybe start with an appetizer. Some of the most popular include Sam’s onolicious barbecue, baby back ribs (char siu), glazed with a hint of coconut (\$12.95) or the Kalua pork quesadillas (\$8.25).

Lunches at BL&C offer anything from a variety of salads to

Sam Choy’s Breakfast, Lunch & Crab
580 North Nimitz Hwy.
Honolulu, HI 96817
(808) 545-7979

the fried poke [raw fish] wrap, which consist of seared poke, rice and lettuce in a flour tortilla, (\$10.25).

Some of their most popular and innovative lunchtime sandwiches are the BLC sandwich (bacon, lettuce and crab) (\$12.50), the lava burger (topped with a crab cake and Swiss cheese at \$10.25) and the Teriyaki burger (with pineapple, cheese and teriyaki sauce at \$8.95).

Those who can’t decide what they want can try the moi moi saimin (\$11.95). Shrimp, teri beef, char siu, egg, spinach, kamaboko, green onion and crab are all combined in a large bowl of broth, sure to fill the largest appetite.

Of course, at any time of day, above the din of voices and music that fill the warehouse, the occasional sound of crack, crack, crack pervades. They are

the few, proud, plastic-bibbed patrons wielding their shell-crackers in an attempt to pull that sweet meat from the long legs of Alaskan King or snow crabs.

When dinner comes, the menu changes and becomes slightly more expensive (also offering more entrees). Steaks, ribs, chicken and fish all can be found on this menu. And if any of these are your items of choice, you won’t be disappointed.

But, being a crab lover myself, and since the name of the place is Breakfast, Lunch and “Crab,” I have to strongly recommend the pound of Alaskan king crab legs, steamed and served with drawn butter, for \$29.95. This may seem a bit pricey, but I’ve had crab legs before that didn’t hold a candle to the ones served here.

Also, from the choice of shellfish in the 2,000-gallon tank in the kitchen, I recommend the roasted garlic dungeness crab (\$29.95). This is a whole 24 - 28 ounces of Pacific Northwest dungeness crab, oven roasted with garlic butter.

Of course, the creme de la creme is the steamed Maine lobster, sweet and succulent with drawn butter (\$29.95).

Overall, I feel that Sam Choy’s BL&C features generous portions of local favorites and seafood in a casual, lively atmosphere — anytime of day.

WORD TO PASS

Windward Ahupua’a Hosts Kapa’a Quarry Campaign

Join the Windward Ahupua’a Alliance at various fall and early winter activities such as the “Bust-A-Dumper” campaign, today from 4 - 6 p.m at both entrances to Kapa’a Quarry Road. A rally will follow this sign-holding activity at the Kapa’a Transfer Station until 7:30 p.m.

Refreshments, T-shirts for volunteers (and for sale to the general public), announcements about various initiatives, entertainment and a sign-up table for citizens’ patrol training classes will be available.

Grammy Award Winner James Ingram to Open with the Honolulu Symphony

The star-studded 2003-2004 season of the Hawaiian Airlines Pops Series , conducted by Matt Catingub of the Honolulu Symphony, will be opened by Grammy Award winning musician, producer and songwriter James Ingram. The Honolulu Jazz Quartet will also appear as part of the season-opening weekend at the Blaisdell Concert Hall.

Show times are today and Saturday at 8 p.m. Tickets range from \$25 - \$70; however, military discount tickets are available.

Call 792-2000 for more details, or log onto www.HonoluluSymphony.com

TRICARE Briefs Run Monday through Tuesday

Informational briefings on the United Concordia Tricare Dental Program will be held for all uniformed services personnel and their family members at Makalapa Branch Medical Clinic on Monday at 10 a.m. and at MCB Hawaii Branch Medical Clinic on Tuesday at 10 a.m.

A representative from United Concordia will be on hand to answer your questions about the TDP benefits and the enrollment process.

For enlisted Marines only!

The Kahuna’s Sports Bar & Grill serves enlisted service members E-5 and below and their family members. These patrons can now enjoy Kahuna’s new, more convenient hours:

Sundays, 7 a.m. - 11 p.m.
Mondays, 6 p.m. - 12 a.m.
Tuesdays, 6 p.m. - 12 a.m.
Wednesdays, 6 p.m. - 1 a.m.
Thursdays, 6 p.m. - 12 a.m.
Fridays, 4:30 p.m. - 2 a.m.
Saturdays, 6 p.m. - 12 a.m.

Don’t forget Football Sundays, which features a full-breakfast menu from 7 until 11:30 a.m.

Further, bar and grill menus are available from 11:30 a.m. until 10 p.m., and a full bar from 7 a.m. until 10:30 p.m.

For more details, contact Alexis Swenson, Enlisted Club manager, at 254-7661.

The briefings will last about one hour, and a question and answer session will immediately follow.

Call Makalapa Clinic at 473-1880, ext. 320, for more details.

'Iolani Palace Features Kama’aina Sunday

Local residents and active duty military families stationed in Hawaii can walk in the footsteps of kings and queens at any free tour of 'Iolani Palace, offered the first Sunday of each month, with presentation of military I.D. and the kama'aina sticker.

Located at 364 South King Street, in the heart of downtown Honolulu, the 'Iolani Palace is the majestic symbol of Hawaii’s monarchy era. The staff has enhanced the tour selection

with a new comprehensive, 90-minute, guided Grand Tour and a shorter, 30-minute, self-guided tour, both of which include the Palace video and Galleries.

Kama'aina and active duty military families may enjoy discounted admission during regular Palace hours.

Call 522-0832 to make reservations or for more information.

FBI Recruits on Bases

Are you interested in a career with the FBI as a special agent? If so, learn about the requirements for applying at the FBI Career Seminar on Monday at Bldg. 267, Classroom 2, from 10 - 11 a.m. aboard MCB Hawaii, Kaneohe Bay.

Your next opportunity to learn about an FBI career is at the Pearl Harbor Fleet & Family Support Center, Bldg. 193, Room 205, Oct. 10 from 10:30 to 11:30 a.m.

Entry level salary is \$45,060 (GS 10) and \$55,409 and up, after graduation from the academy.

For more details, contact K-Bay’s Personal Services at 257-7790 or 257-7795, or call the Pearl Harbor FSC at 473-4222.

Orchids to Headline at the Blaisdell Center

The largest orchid show in the state of Hawaii — the Honolulu Orchid Society’s 64th Annual Orchid Plant and Flower Show — will showcase at the Neal Blaisdell Center, Thursday from 1 - 8 p.m., Oct. 10 - 11 at 9 a.m. to 8 p.m., and Oct. 12 from 9 a.m. to 4 p.m.

Admission is free to this event, which will feature beautifully landscaped displays of extraordinary plant species and tropical fish, drawing contests for adults and keiki, demonstrations and talks by experts, and plant sales.

For more details, surf www.HonoluluOrchidSociety.org.

Craft Fair Opens Oct. 11

Craft tables full of locally

made handcrafts, pony rides, activities and crafts for keiki, balloons, a bouncy house, raffles, plenty of food, and mega-entertainment will be on hand at the Windward United Church of Christ “Family Fall Festival and Craft Fair,” Oct. 11 from 9 a.m. till 3 p.m.

Plenty of free parking will be available, and the church thrift store will be open as well.

For more information or to participate as a vendor, call 254-3802 or surf www.KailuaBlue.com/WUCCFallFestival.htm.

Windward Mall Spotlights Kids, Fire Safety & Spooks

•Oct. 11, 11 a.m. - 4 p.m.: The 6th Annual Windward Mall Family Festival and Honolulu Fire Department’s Fire Prevention Festivities return Oct. 11 at Windward Mall.

Interactive, keiki activities; exciting entertainment; balloon and face-painting fun; bouncers; and more will highlight fire prevention awareness and celebrate October’s Children & Youth Month.

Be sure to catch Kapena at 1 p.m. and the Ronald McDonald Magic Show at 3 p.m. Also, fire-fighters will jump into action with a simulated rescue and recovery mission, host a keiki-sized fire safety hose, ladder truck and the Firehouse Band in the Windward Mall parking lot from 11 a.m. to 12:45 p.m.

•Oct. 25, noon: Enjoy a spook-tacular time at McDonald’s Windward Mall’s Annual Costume Contest where the entire family can dress in their best and enter to win fabulous prizes. Plus, catch the Spook-o-Rama Party with keiki crafts, a magic show and more.

Entry forms are available at any McDonald’s in four categories: 4 years and younger, 5 to 12, 13 and older , and Most Outstanding School Spirit — with three winners in each costume category.

•Oct. 31, 6 - 8 p.m.: Don’t miss safe trick or treating at Windward Mall, and at 6:30 p.m., check out the fun keiki

magic show at center stage. Pick up treats from all participating merchants.

Bellows Haunts with ‘Boofest,’ Oct. 17 - 18

Guests will experience the haunted woods of Bellows on the “Duck of Doom,” a narrated ride full of chills and thrills at the Bellows 5th Annual Boofest, Oct. 17 - 18 from 7 - 10 p.m.

Watch for horrifying sights and unspeakable things that might lurk in the night during Boofest. Enjoy mask making, face and hand painting, games, movies and much more. Plus, kids can breath back new life into an old T-shirt by getting it airbrushed with a Halloween theme.

Plenty of gooey treats and a chance to win a two-night stay at the Kilauea Military Camp (with round-trip airfare for two) await you at Boofest.

Presale tickets are available at Hickam’s Information, Tickets and Tours (ITT) or Bellows Turtle Cove, through Oct. 16 or while supplies last.

For more information, call 259-4128 or surf www.bellows.safs.com/boo.html.

Leeward Hosts Family Craft Fair at College, Oct. 25

The Leeward Community College welcomes all to its 14th Annual Family Fun and Craft Fair, Oct. 25 from 9 a.m. to 2 p.m., where you can begin your holiday shopping and celebrate Hawaii Children & Youth Month.

The craft fair will feature more than 75 vendors of local arts and crafts, a mini Midway of carnival games and crafts for youngsters, and a wide variety of food booths, entertainment and interactive, educational exhibits.

The Leeward Community College is located at 96-045 Ala Ike St. in Pearl City. (Or, follow signs on the H-1 freeway.)

Free parking will be available at the craft fair. For more information, call 455-0527. Vendors can call 455-0251.

You can't change your age.



But you can still change the world.



People 55 and older are sharing their experience in unexpected ways through Senior Corps. Teach a child. Help people stay healthy. Make communities safer.

Senior Corps:
The Experience of
a Lifetime



Photos Courtesy of Petty Officer 3rd Class John Fenley

Performers from the Polynesian Cultural Center entertained patrons who attended the Morale, Welfare and Recreation “Customer Appreciation Day” activities at the Kunia Regional Security Operations Center recently.

KUNIA, From B-3

A variety of vendors from Kunia’s local tours and community displayed their wares along the pavilion.

“We met our expectations. Oh, yes, we met our expectations this year!” exclaimed Leilua.

With an abundance of prizes, many patrons went home with smiles on their faces. Prize giveaways ranged from dinner cruises, luaus and overnights, to surround sound systems and DVD players.

Petty Officer 2nd Class Justin Rhodes captured the grand prize giveaway — a 42-inch plasma, flat screen TV. Earlier in the day, he had also acquired a surround sound system, thanks to the luck of his wife.

According to Leilua, in 2004 MWR Kunia will join the regional branch under Pearl Harbor.

It is still uncertain how things will turn out for MWR Kunia, said Leilua, and what adjustments will be made; however, awesome services will still continue.

Only by the graces of MWR can an event this entertaining be tailored to give thanks to us, said Master Chief Petty Officer Jeffery Vandervort, the senior enlisted advisor at the Kunia Regional Security Operations Center.

“Our MWR is second to none,” he added, “the best one ever.”

World War II Memorial Web site registry will honor those veterans

NAPS
Featurettes

At a time when fewer than one in 10 adults recognizes that 16 million Americans served in uniform during the second World War, the American Battle Monuments Commission has introduced a World War II registry online to document the names of those who participated in history's largest and most devastating war.

The registry is accessible on the Web site of the National World War II Memorial (www.WWII Memorial.com). Any American who served in the armed forces or contributed to the war effort on the homefront — whether in factories and shipyards or farms and neighborhoods — is eligible.

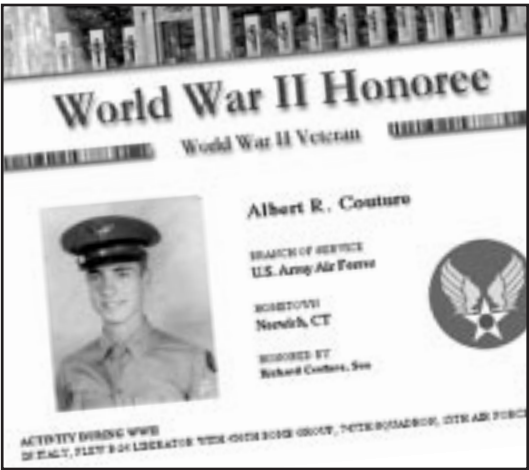
The registry contains more than one million records, most submitted by the public. The database also includes National Archives and Records Administration lists of those killed in service during the war, and names of those buried in American Battle Monuments Commission's overseas cemeteries, or listed on its Tablets of the Missing.

"We've been compiling names for several years," ABMC spokesman Mike Conley said. "We've made the registry available now, prior to the memorial's dedication, to encourage more enrollments. We've only scratched the surface of the database potential."

There is no charge to place a name in the registry. Individuals can be enrolled through the Web site or by calling the memorial's toll-free number at 1-800-639-4WW2.

The registry will be accessible at the memorial site on the National Mall when the memorial is opened to the public.

The World War II Memorial is under construction and on schedule for the official dedication ceremony set for Saturday, May 29, 2004. The Memorial Day weekend celebration will culminate



NAPS

Along with the World War II Memorial in Washington, there's now an online database of those who served in uniform and at home during that conflict.

an 11-year effort to honor America's World War II generation.

The memorial was authorized by Congress in 1993.

The Smithsonian Institution, the Washington National Cathedral and Armed Forces ceremonial and musical units will participate in the four-day "Tribute to a Generation" dedication celebration, which will run from May 27 - 30, 2004.

Dedication details are available through the memorial Web site and its toll-free number.

Harley-Davidson plans to honor U.S. veterans

NAPS
Featurettes

Through a new contest, an American legend is looking to honor an American hero.

Harley-Davidson will present its inaugural Genuine Hero Award to a veteran for dedication and service to our country. Veterans, or family and friends of veterans, are asked to write about how someone has made a positive impact on the country or community through such characteristics as patriotism, citizenship, wartime heroism or community service. Veterans may nominate themselves.

The winning veteran will receive \$1,000 in Harley-Davidson Genuine Motor Parts and Genuine Motor Accessories. Two other winners will receive \$500 and \$250 Harley-Davidson Genuine P&A prize packages.



Letters of 200 words or less should be sent to Harley-Davidson Genuine Hero Award, c/o Bellwether Communications, 510 College Avenue, Racine, WI 53403. Include the nominee's name, address, phone number, age, branch of military service, dates of time in service, and year and model of Harley-Davidson motorcycle. All entries must be received by Oct. 24.



MARINE MAKEPONO

HAWAIIAN FOR “MARINE BARGAINS”

Vehicles

1999 Ford Windstar SE, A/C, AM/FM/CD cassette, power everything, 66K miles. Asking \$10,000 OBO. Call Jeff at 221-9800.

1998 Ford Contour LX, runs great, cold A/C, AM/FM cassette, 59K miles. Asking \$4,000 OBO. Call Jeff at 221-9800.

1998 Ford Contour LX, 59K miles, runs great and everything works, cold A/C, cassette player and AM/FM receiver. Asking \$4,000 OBO. Call Jeff at 221-9800.

1997 Mercury Sable wagon, blue, dual exhaust, premium sound and wheels, dual air bags, six CD-changer, leather, extra seat in back, 61K miles. Looks and runs great. Asking \$8,500. Call 478-3694.

1997 Chevy Lumina, no A/C, has power windows, locks and steering and is also equipped with a theft deterrent CD player. Asking \$3,700. Call Dave at 254-0094.

1994 GMC Jimmy, four-door, runs great and is in good condition. Asking \$3,500 OBO. Call Patrick at 429-8529.

1992 Geo Storm, automatic, A/C. Asking \$1,200 OBO. Call 216-7193 or 253-0322.

1987 Nissan Sentra, needs head gasket. Asking only \$150. Call 257-2027 or 261-2349.

1971 MGB Classic, standard limited edition, restored tan hardtop. Asking \$8,500. Call 262-8789.

Furniture

Two fishtrap end tables w/glass top shelf, \$25 each; one CD or tape bookcase w/four shelves, natural wood, \$10. Call 247-5070.

Simmons queen bed set, \$300. Call Jeff at 221-9800.

Patio chairs, set of six chairs, table and umbrella. Only one year old. Asking \$200 OBO. Call 389-1548.

Appliances

Air conditioner, 110 volts, 18,500 BTUs. Asking \$300. Call Jeff at 221-9800.

Miscellaneous

Whirlpool stove, apartment-sized with four burners, barely used and in excellent condition. Asking \$200 Call 262-8789.

Free Makepono Ads

Ads are accepted from active duty and retired military personnel, their family members and MCB Hawaii civil service employees. Ads are free and will appear in two issues of the Hawaii Marine, if space is available.

The deadline for submitting ads to the Hawaii Marine is at 4 p.m. the Friday of the week prior to publication.

Forms may be filled out Monday through Friday between 7:30 a.m. and 4:30 p.m. at the MCB Hawaii Public Affairs Office, located in Bldg. 216 aboard Kaneohe Bay.

Makepono may be used only for noncommercial classified ads containing items of personal property. Ads must represent incidental exchanges, not of a sustained business nature, which are run on a first-come, first-served basis.

Call the Hawaii Marine at 257-8836 or 257-8837

Fire safety can stop tragedies at home

NAPS

Featurettes

Nearly every day a child under five dies in a home fire, a tragedy that the U.S. Fire Administration says families can avoid.

Babies and toddlers are twice as likely to die in a home fire than the rest of the population. They rely on parents and caregivers to keep them safe by reducing the risk of fire and practicing a fire escape plan to help the entire family get out safely.

The U.S. Fire Administration urges parents and caregivers to familiarize themselves with the following fire facts and safety tips, so they can prepare, practice and prevent the unthinkable:

Preparing A Fire-Safe Home

- Matches, lighters and other heat sources are the leading causes of fire-related deaths for children. Store matches and lighters out of children’s reach, preferably in a locked cabinet. Teach children the dangers of fire and not to play with it.
- Purchase only child-resistant lighters. Remember: No lighter is childproof.
- Don’t overload outlets, have heating systems checked annually, and use deep ashtrays and soak the ashes in water.

Practice Escaping Fire

- Install and maintain a working smoke alarm on every floor of the home and outside sleeping areas. Test the batteries monthly.



NAPS

Remembering fire safety can keep you and your family safe at home.

- Keep children’s bedroom doors closed. If a hallway fire occurs, a closed door can prevent smoke from overpowering a baby or toddler, giving firefighters extra time for rescue. Use a baby monitor to hear if a smoke alarm sounds in the child’s room.
 - Familiarize children with the sound of a smoke alarm and what to do if one goes off.
 - Develop and practice a fire escape plan with every member of the family. Identify two ways to escape from every room in the home.
- For a free brochure from the U.S. Fire Administration’s new “A Fire Safety Campaign for Babies and Toddlers,” visit www.usfa.parents.gov, or write to the U. S. Fire Administration, Publications Office, 16825 South Seton Avenue, Emmitsburg, MD 21727.